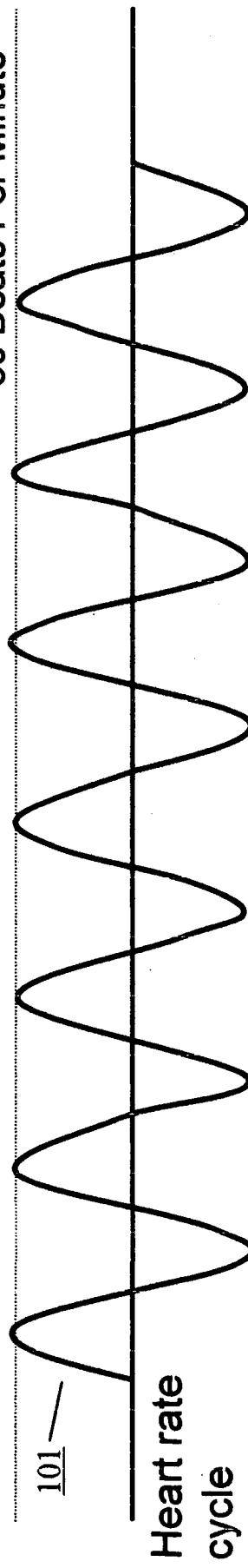


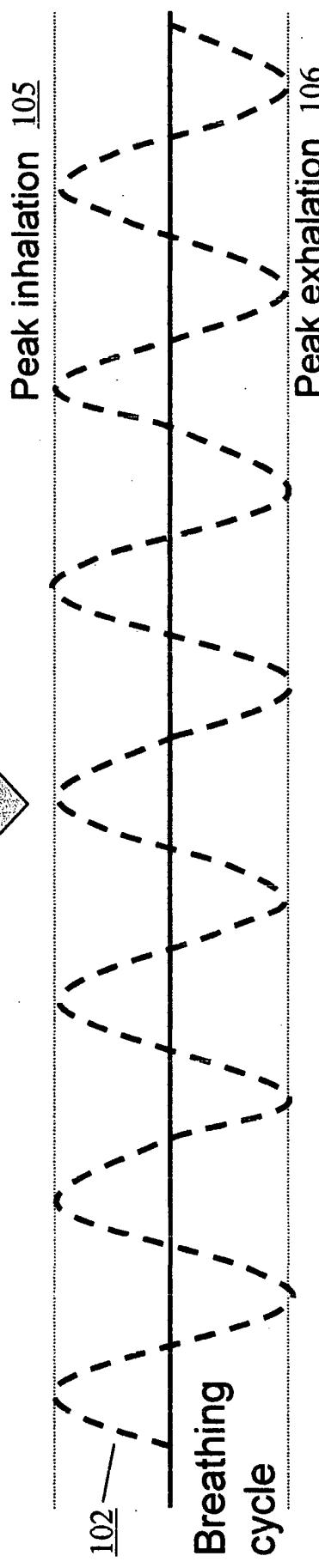


The heart has it's own rhythm or tendency toward rhythm.

103
80 Beats Per Minute



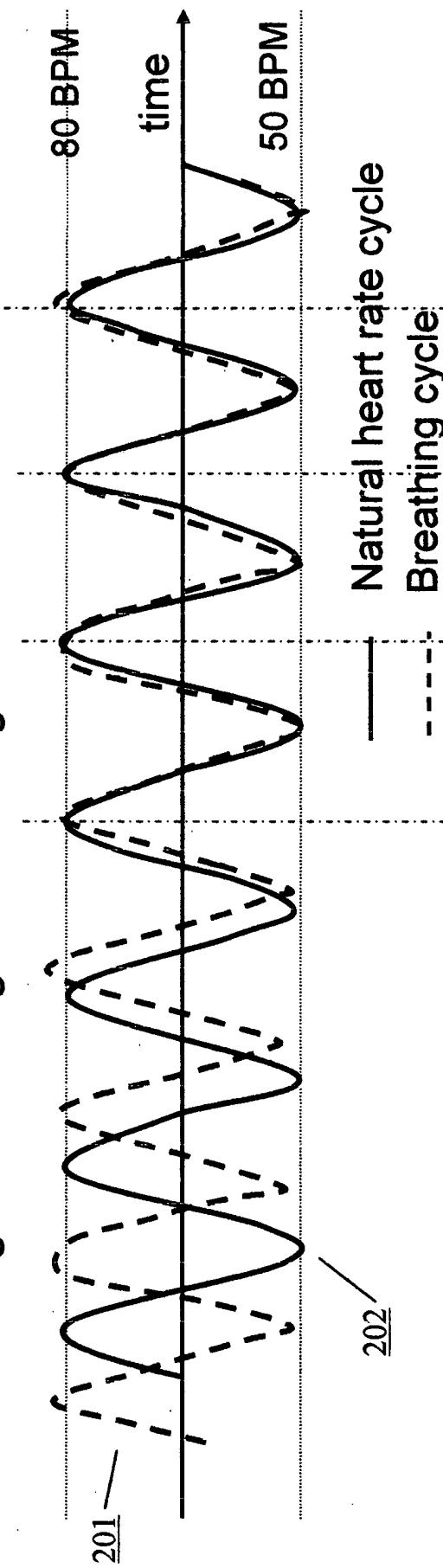
There is a relationship between the heart cycle and the breathing cycle.



The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

FIGURE 1

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.



Resultant heart rate variability pattern:

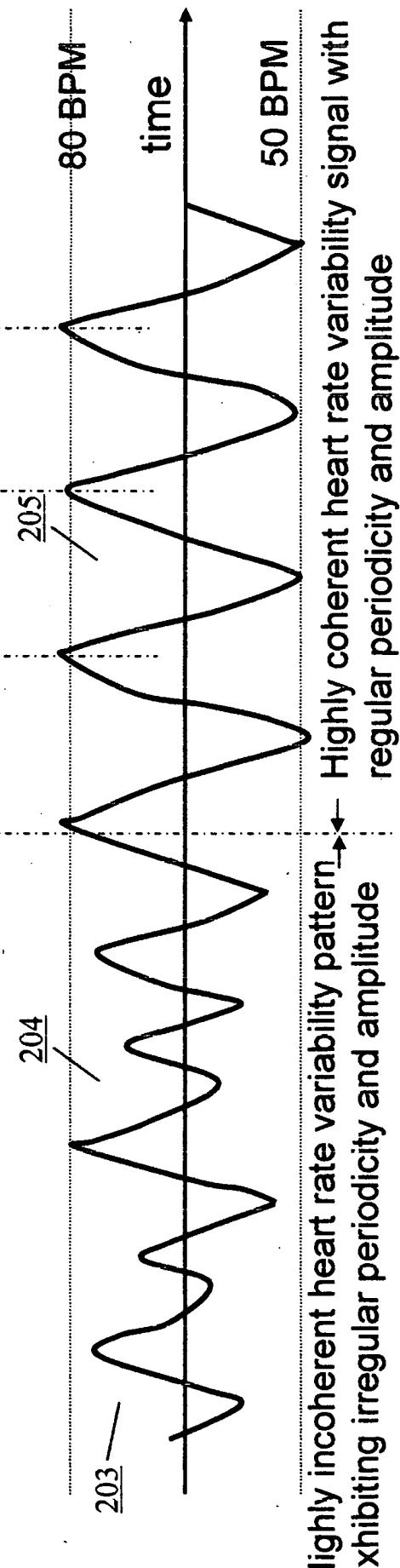
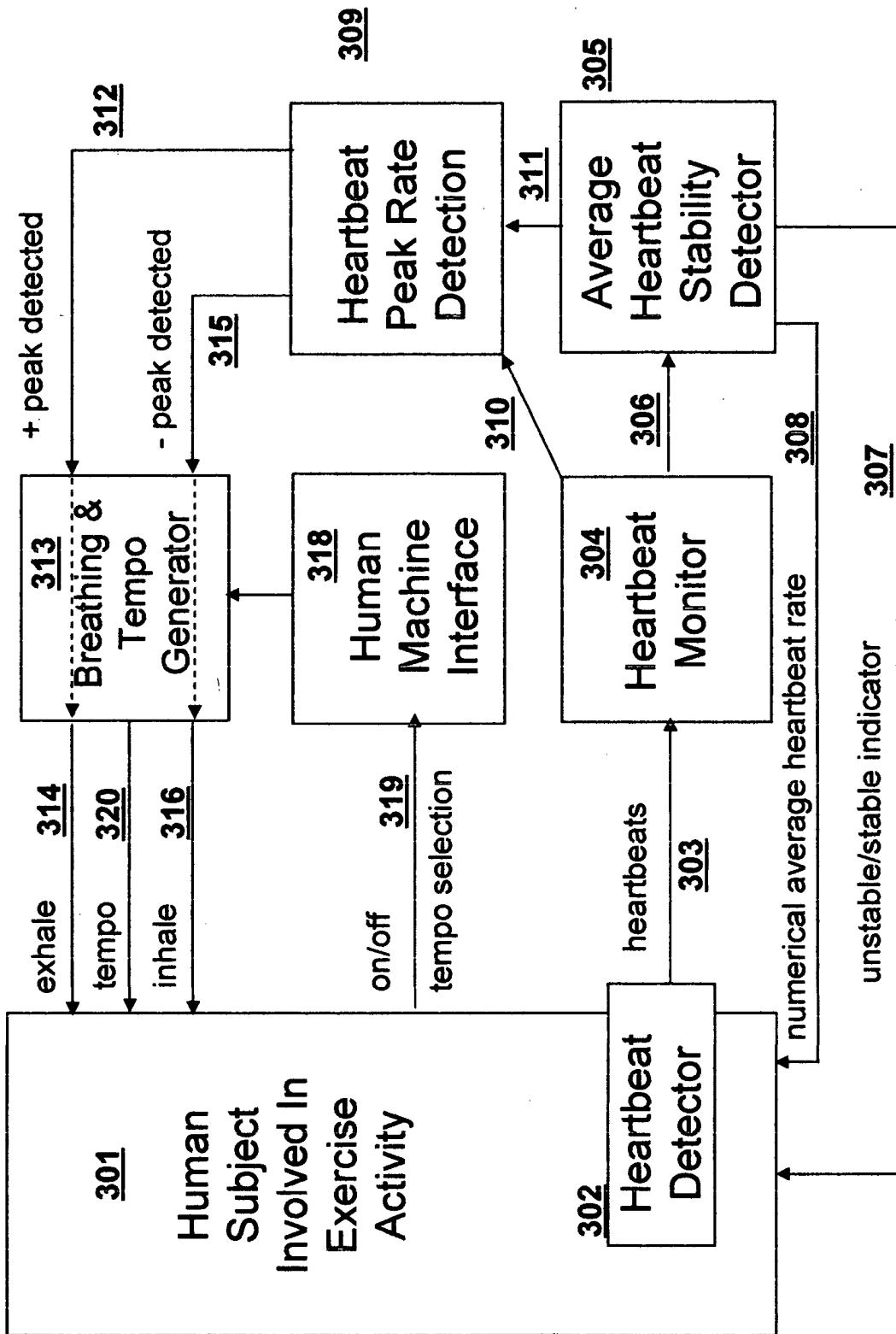
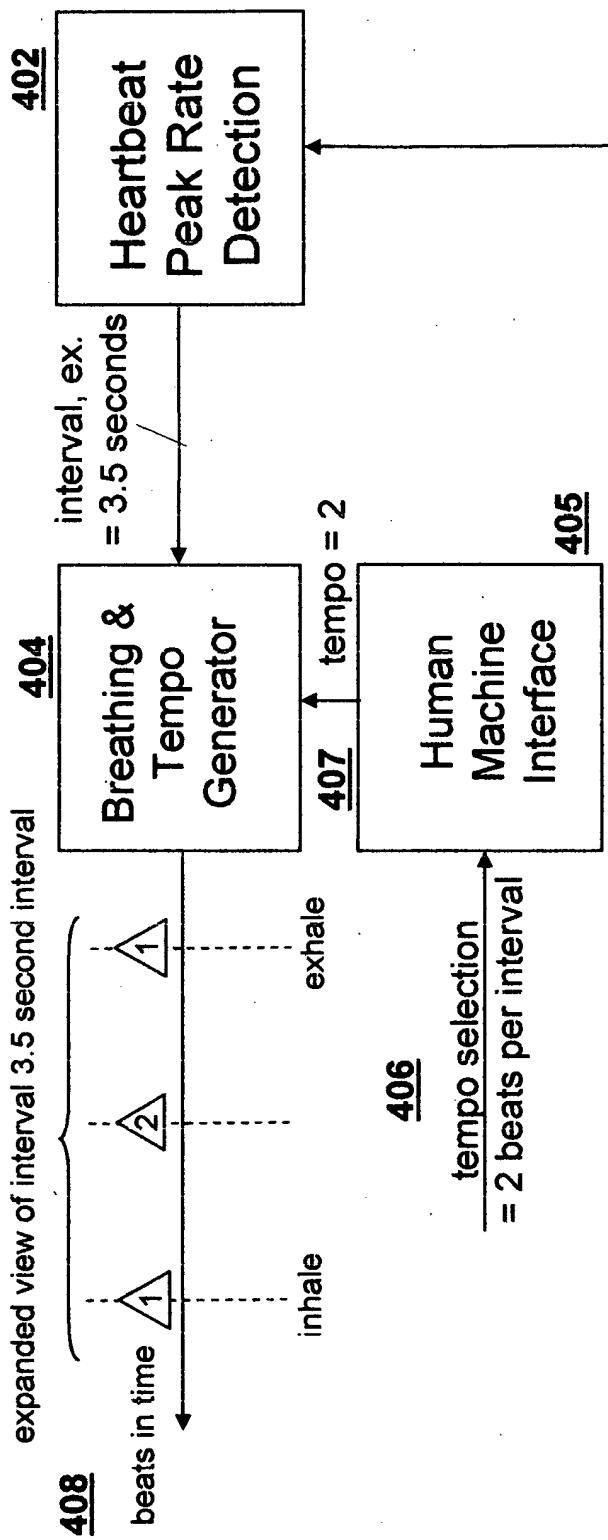


FIGURE 2

FIGURE 3





peak positive heartbeat rate

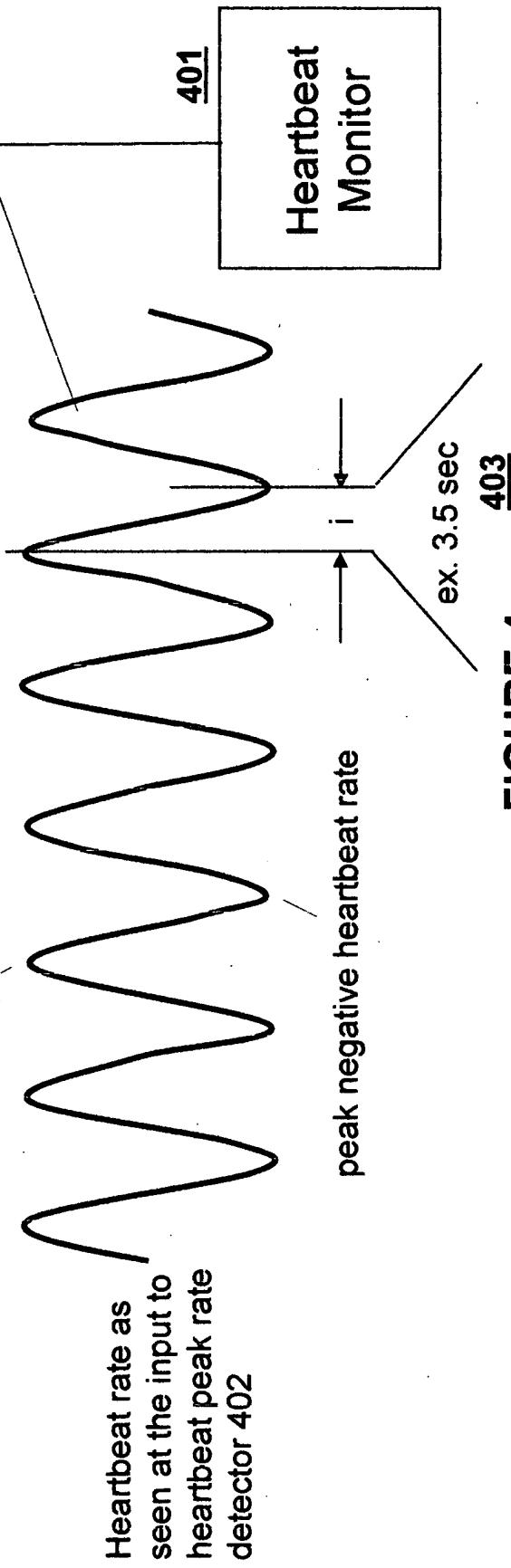


FIGURE 4